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Bangalore Mirror

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SANKRANTI SCENES

Find out how city prepared for first festival of 2025 and what special rituals are planned for today

PAGE 2

CLICK BAIT

As Bengaluru records 225 APK fraud cases till November last year, here's all you need to know about this scam

PAGE 5

Increasing numbers of minors involved in offences such as petty theft to more serious crimes; dangerous traffic stunts and narcotic consumption form chunk of cases

CHILD, INTERRUPTED

Uptick attributed in part to strict enforcement of Juvenile Justice Act

| Atiya Firdos
c-syeda.atiya@timesofindia.com
TWEETS @BangaloreMIRROR

Bengaluru is witnessing a troubling surge in juvenile crime, as minors are increasingly involved in offences ranging from property thefts to serious crimes, with a significant rise in cases linked to dangerous traffic stunts and narcotic substance consumption.

Strict enforcement of JJ Act

In the recent months, traffic violations involving juveniles have seen a troubling rise, particularly in cases where minors perform dangerous stunts like wheelies, often under the influence of narcotic substances. These reckless acts have led to stricter enforcement of the Juvenile Justice Act and NDPS laws, resulting in more cases being registered.

According to the latest data, 129 cases have been registered under the Juvenile Justice Act (JJ Act) in 2024, marking a noticeable increase from last year's total of nearly 100 cases. In November alone, eight cases were registered, highlighting the intensifying trend.

The uptick in juvenile crimes is partly attributed to the strict enforcement of the JJ Act, especially against minors involved in dangerous wheelies and similar traffic violations. In many of these cases, the juveniles are also found under the influence of narcotic substances, leading to an increase in NDPS (Narcotic Drugs and Psychotropic Substances) cases. November saw 424 NDPS cases, a significant jump from 311 cases in the same month last year.

> **"Many of these children come from broken families, face peer pressure, or are exposed to environments where crime becomes a means of survival**
>
> — Police officials

Several police officials stated that juveniles involved in crimes are often school or college dropouts, driven by family problems, disputes, or financial struggles. Lacking resources to sustain themselves or support their families, they frequently resort

CONTINUED ON PAGE 8 »

Catch me if you can

Motorists use clever tactics to conceal number plates to evade fines, police say today or tomorrow you will be caught

| Sanjana CS
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMIRROR

A recent case of riders dodging traffic surveillance somewhere in the city has left officials flummoxed. As the camera clicked, the woman on the bike slyly stepped on the number plate, obscuring it from view. Adding a touch of audacity, her biker companion flashed a mischievous smile for the lens, revelling in their crafty escape.

Traffic officials reveal that motorists are increasingly resorting to masking their number plates to evade fines, challans, and AI surveillance after violating traffic rules. Common practices include tying black threads around the plate, covering any one digit with leaves, or obscuring them in other creative ways. When caught, offenders often offer excuses such as having forgotten to remove the coverings or falling back on religious practices. However, officials believe that a majority of these actions are intentional, aimed at avoiding penalties and exploiting loopholes in the system.

In December, Jayanagar police registered a case where an individual masked their number plate. Another tactic, though less common, involves covering plates with a leg. Traffic officials note other practices, like masking single digits with black solution tape, are more prevalent among violators trying to evade fines. "Such violations are commonly committed by students

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Musical extravaganza

Banyan Tree's 'Ruhaniyat–Seeking the Divine' is back with So Said the Saints of Maharashtra—Avadhoot Gandhi & Group; Heaven, Earth & Man—Pipa Connects: Chia-Ning Liang (Taiwan); Arabic Tasawwuf Come Alive—Saif Al Ali (UAE) with Aly El Helbawy (Egypt); A Glimpse into the World of Bulleh Shah—Madan Gopal Singh & Chaar Yaar; When Hearts Connect—Indo-Arabic Production; Qawwali—Akbar Nizami & Group.
Where: Jayamahal Palace Hotel Lawns
When: January 24, 6:15 pm onwards

02 Fun learning

Veganuary Festival 2025: Hosted by Namu Recommends, this festival is more than just a market—it's a vibrant celebration of plant-based living, combining education, entertainment, and community to inspire a sustainable and compassionate lifestyle. Attendees can look forward to Yoga & Fitness classes, Interactive Cooking Demos, Expert Panels, 110 Curated Stalls offering vegan food, sustainable fashion, cruelty-free beauty, and eco-friendly products & more. **Where: Chamara Vajra, Bengaluru; When: January 18 & 19, 12 pm to 9 pm**

03 World of words

Words & Wonder: An enchanting evening celebrating the magic of stories, books, conversations, and inspiration with theatre thespian and author Kirtana Kumar. She will be in conversation with Chandan Gowda, Captain Gopinath, and Divya Ramchandran, as they bring these compelling tales to life in this engaging session.
Where: The Collection at Four Seasons Bengaluru
When: January 18, 4 pm onwards

04 Open mic poetry session

Tuesdays with the Bard @ Urban Solace's first poetry evening of 2025 is a special open mic themed Celebrating Everything New. Step into the spotlight to share poems that speak of renewal, growth, and the promise of a brighter tomorrow.
Where: Urban Solace
When; : January 14, 7:30 pm to 9 pm

City gears up for Makar Sankranti celebrations

Markets, shops are abuzz with sale of traditional items, flowers, festive treats; temples prepare for prayers, special rituals to mark first festival of 2025

Bangalore Mirror Bureau
mybangaloremirror
@timesofindia.com

TWEETS @BangaloreMirror

As Bengaluru is gearing up for 2025's first festival—Makar Sankranti—city markets are buzzing with the sale of traditional items such as sesame and jaggery sweets, sugarcane, avarekai and flowers. Temples, including the Gavi Gangadhareshwara Temple, are preparing for special rituals and prayers to mark the auspicious occasion.

The festival falls on the last day of the Dhanurmasa (Tuesday this year), and preparations begin well in advance. Markets like KR Market and others have been stocked with heaps of sugarcane, avarekai, groundnuts, and other festive essentials. Farmers from nearby villages have brought truckloads of sugarcane to KR Market, while Gandhi Bazaar witnessed a significant number of women buying decorative pots and Sankranti delicacies on Sunday.

Shops across areas like Malleswaram, Gandhi Bazaar, Yeshwanthpur, Rajajinagar, Jayanagar, Chamarajpet, and Chickpet are offering a variety of sesame-jaggery packets, priced between Rs 275 and Rs 300 for quantities ranging from 100 grams to two kilograms. Sugar and jaggery molds are also in high demand. Groundnuts are being sold at prices ranging from Rs 260 to Rs 280 per kilogram, while the demand for sugarcane has driven higher prices this year, with individual stalks priced between Rs 80 and Rs 100 due to reduced supply caused by weather conditions.

People shopping for flowers and sugarcane on the eve of the Makar Sankranti festival at KR Market on Monday

> **"Jasmine buds are priced at Rs 2,000 per kilogram, while other varieties like marigold are being sold between Rs 200 and Rs 300 per kilogram**
>
> –Flower vendor

Cultural & religious events across city

Makar Sankranti celebrations include cow worship, devotional activities, rangoli competitions, and sports events for children. Tamil cultural traditions like Pongal are being observed in various parts of Bengaluru, while traditional customs like cow worship and fire-jumping ceremonies are being conducted in various areas. Temples such as Kaadu Mallikarjuna in Malleswaram, Dodda Ganapathi in Basavanagudi, Gali Anjaneya, Kote Venkataramana, Someshwara in Halasuru, and Naganatheshwara in Begur will be holding special prayers and rituals.

High demand for flowers amid rising prices

The demand for flowers has surged, but supply has been affected by the cold weather, leading to higher prices. According to a flower vendor, jasmine buds are priced at Rs 2,000 per kilogram, while other varieties like marigold are being sold between Rs 200 and Rs 300 per kilogram. He attributed the price hike to frost affecting flower cultivation.

Solar phenomenon at temple

One of the most anticipated events is the unique solar phenomenon at the Gavi Gangadhareshwara Temple. On Sankranti, the temple will conduct special pujas and abhishekam in the morning, with doors closing at 1 PM. Between 5:14 PM and 5:17 PM, sunlight will pass through the horns of the Nandi idol and illuminate the Shivalinga for three minutes. This event will be broadcast on LED screens within the temple premises.

BU flags fraudulent re-evaluation, revokes results of 70+ students

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

Bangalore University (BU) has revoked the results of over 70 students after uncovering that they had passed their examinations through illegal means during the revaluation process. The malpractice was found during the printing of marks cards, leading the university to initiate strict action against more than 50 evaluators implicated in the scam.

Sources said that during the academic year 2022-23 examinations, several students from BA, BCom, and BSc courses were found to have written questions instead of answers in their exam papers. Despite this, their scores were fraudulently increased during revaluation. Instances of marks jumping from zero to 60-70 and even from five to 55 were discovered.

How did it happen?

Sources said that students with high chances of failing in their exams, with the assistance of intermediaries, allegedly approached evaluators and submitted their papers for revaluation. In some cases, two evaluators rechecked the same answer script, with the average of their marks being considered final. It is alleged that in this way such students eventually passed in the examinations.

'Scam was uncovered during the marks card verification process'

The university detected the scam during the marks card verification process when it re-examined the original scores. Upon further investigation, the Vice Chancellor for Evaluation C Srinivas, ordered the revaluation of 100 answer scripts. This time, the students' marks reverted to their original failing grades, and their results were revoked.

Action taken against evaluators

So far, BU has issued notices to over 50 evaluators, including lecturers from government, government-aided, and private colleges, who are accused of negligent and fraudulent evaluation practices. The university is considering blacklisting these evaluators and imposing fines ranging from Rs 5,000 to Rs 10,000. There is also mounting pressure to bar them entirely from future evaluation duties.

Need for systemic reforms

Even though the university has stressed its commitment to maintaining the integrity of its evaluation process, the scandal has sparked discussions on stricter oversight during revaluation and the need for systemic reforms to prevent such incidents in the future.

CRIME FILES

Case of missing valuables solved

Hotel manager arrested for stealing copper and brass articles worth ₹4.5 lakh

In a bizarre case of theft, a hotel manager working in a BTM Layout hotel was arrested for stealing valuable copper and brass articles worth ₹4.5 lakh. The complainant, a resident of Madiwala, filed a report with Madiwala Police Station on December 23, claiming that a manager employed at his hotel for two months had been pilfering valuable items from the premises.

The complainant alleged that over time, several copper and brass items were mysteriously disappearing. Acting on the complaint, the police launched a thorough investigation. On December 27, the accused, identified as the hotel manager, was apprehended near an apartment on Chikka Adugodi Main Road.

During questioning, the man confessed to the theft, revealing that he had sold some of the stolen items at a Gujuri shop in Cottonpet, while keeping others at his residence in Dakshina Kannada's Belthangady.

Following his confession, police seized the stolen goods, which included two brass lamps, one brass table, 10 copper jugs, 85 copper bowls, and a brass veena with a Ganesha face, totaling ₹4.5 lakh. The accused's relative also delivered more stolen items, including 19 copper bowls and a brass idol of Lord Krishna, from the accused's home.

On December 28, 2024, the accused was presented before the Court and remanded in police custody for four days. On December 31, he was remanded to judicial custody for further investigation. **BMB**

Crackdown on drunk driving, speeding

During the second week of January, Bengaluru witnessed a focused crackdown on drunk driving and speeding as the Bengaluru Traffic Police initiated a special drive from January 6 to January 12. The initiative saw participation from officers across 50 traffic police stations checking 57,860 out of which 1,151 vehicles were booked for violation.

The special drive against drunk driving resulted in the checking of over 290 vehicles across various zones. In parallel, the crackdown on speeding registered 861 cases, with violators facing hefty fines. A total of ₹3,04,000 was collected in fines, urging the severity of speeding violations within city limits.

The drive aimed not only to tackle the immediate dangers of drunken driving and speeding but also to send a clear message to the public regarding the importance of adhering to road safety rules. **BMB**

Man held after making bomb threat call

A 40-year-old resident of Shivaji Nagar was arrested after he made a bomb blast threat call to the city's police control room. The caller, Mansoor, had warned of multiple bomb explosions across Bengaluru, similar to the recent Rameswaram cafe blast. However, the Vidhana Soudha police arrested the suspect.

On January 9, an anonymous individual contacted the police commissioner's control room, claiming that bombs would be planted at the homes of six prominent city dignitaries on Republic Day.

The call prompted immediate action from the authorities, who took the threat seriously. A case was registered, and an investigation was launched to identify the caller.

During interrogation, Mansoor revealed that the motive behind the call was personal.

He explained that he was upset because the provision store he had been running was taken over by someone else. The police are continuing to investigate his background and potential connections.

The officials have registered an FIR at the Vidhana Soudha police station based on a complaint filed by a Police Control Room PSI. **BMB**

Cow attack: Accused arrested

The Cottonpet police have swiftly arrested a 30-year-old man for slashing the udders of three cows in Vinayaka Nagar late on Sunday night.

The accused, identified as Sheikh Nasru, allegedly committed the act while under the influence of alcohol. Originally from Bihar, he was employed as a helper in a plastic and cloth bag stitching shop that is said to be just 50 mt away from the spot.

According to the investigation, Nasru was reportedly upset about the cows being tied along the roadside, claiming they frequently dirtied the area.

A case of animal cruelty has been registered, and the accused has been remanded to judicial custody. Meanwhile, the injured cows are receiving treatment. Although they are now out of danger, veterinarians have indicated they are unlikely to produce milk again.

DCP (West) S. Girish stated, "An incident of some miscreants partially cutting the udders of three cows had taken place in the early hours on January 12 at Vinayak Nagar in the Cottonpet police station limits."

An FIR was registered under the Cruelty to Animals Act and Section 325 of Bharatiya Nyaya Sanhita Act. Police maintained that no other person was involved in the crime. **BMB & Agencies**

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Initiative brings menstrual care on wheels to B'luru

This first-of-its-kind move equips 10-12 autorickshaws with sanitary pad vending machines, plans for expansion, aims to normalise menstruation discussions in city

Atiya Firdos
c-syeda.atiya@timesofindia.com
TWEETS @BangaloreMirror

In a groundbreaking effort to break the stigma surrounding menstruation, Bengaluru has launched 'Kshema,' a unique initiative that is introducing sanitary pad vending machines in autorickshaws, ensuring menstrual hygiene products are easily accessible to women during their commutes.

Transport Minister Ramalinga Reddy inaugurated 'Kshema' last week, calling it the first initiative of its kind in India. He highlighted that providing sanitary pads in public transport is a significant step towards normalising discussions about menstruation while addressing women's essential health needs conveniently. Reddy told BM, "If companies include such initiatives in their CSR programs, we can expand this service to more autorickshaws and other public transport systems, including buses and metros. Collaborating with auto unions and other public transport unions would further strengthen the implementation."

According to sources, nearly 10 to 12 autorickshaw drivers have installed the sanitary pad vending machines in their vehicles. Furthermore, plans are underway to extend these vending machines to more autorickshaws, especially those autos that are driven by women. Shanthi (name changed), a woman auto driver told BM, "As a woman myself, I feel shy to talk about such things openly. By having these facilities in autos, we are supporting inclusivity and removing shyness."

Sanitary pad vending machine in auto; (inset) Transport Minister Ramalinga Reddy inaugurating 'Kshema' (Pics on X by @RLR_BTM)

"As a woman myself, I feel shy to talk about such things openly. By having these facilities in autorickshaws, we are supporting inclusivity and removing shyness –A lady auto driver

Fighting societal taboo

This initiative not only makes menstrual hygiene products readily available but also aims to challenge deep-rooted societal taboos. By integrating such facilities into everyday public spaces, 'Kshema' promotes open conversations about menstruation and fosters a more inclusive and supportive environment for women.

The success of 'Kshema' could inspire similar initiatives nationwide, contributing to the broader goal of menstrual equity and the eradication of period poverty. As more public spaces adopt such measures, the conversation around menstruation is expected to become more normalised, reducing stigma and promoting health and dignity for all women.

Kshema is an innovative initiative spearheaded by Sakriya Charitable Trust, which has been working in the field of menstrual health. Sharing updates on social media, they emphasised how the installation of pad vending machines in autorickshaws transforms compact spaces into powerful tools for women's empowerment.

Commuters cry for upkeep of Wheeler Rd Flyover

Iffath Fathima
iffath.fathima@timesofindia.com
TWEETS @BangaloreMirror

Marred by piles of garbage and unkempt medians that have been neglected for a long time, the Wheeler Road Flyover has become a point of frustration and sadness for many commuters who use it daily. Despite repeated efforts by concerned citizens to highlight the issue, the situation remains largely unchanged.

One regular commuter shared, "It deeply hurts and frustrates me to see the growing piles of garbage here. As someone born and raised in this city, it's heartbreaking to witness this decline. I created short videos every day for a month to show the condition of the flyover, but there's barely been any improvement."

The flyover, which is meant to ease traffic and provide a quicker commute, now gives an unpleasant experience to those who pass through it. Sources said that trash is often seen scattered along the sides, and the median is overgrown with weeds and filled with silt. While there have been instances when authorities cleaned the stretch, these efforts are infrequent and short-lived. "Sometimes the stretch is cleaned up after complaints, but most of the time, it's left dirty. It feels like the issue is forgotten as soon as it's addressed," another commuter added.

Similar waste accumulation is observed at the KH Double Road Flyover in this file photo

On safety & health hazards

Having a flyover in such a state poses several disadvantages, the commuters disclosed. "First, the garbage attracts stray animals, which can create dangerous situations for vehicles as well as people living close by. The unkempt medians reduce visibility, increasing the risk of accidents, especially at night. Furthermore, the presence of trash contributes to an unpleasant view and an overall degrading environment, which impacts the mental well-being of people using the flyover daily," added a regular commuter.

Localites pointed out the need to take consistent action to maintain cleanliness on the Wheeler Road Flyover and to create awareness campaigns encouraging responsible disposal of waste. They stated that a clean and well-maintained flyover can ensure safety for hundreds of people.

Many believe that the root of the problem lies in a mix of negligence by authorities and irresponsible behavior from citizens. "...People continue to throw waste around without considering the impact it has on others or the city's image. We should share the blame too. It's disappointing to see what's happening to our beautiful city because of such carelessness. But there is hardly anything being done by the authorities to keep a tab on such issues and solve them permanently."

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Clear the trash
JP Nagar

Garbage of all kinds is being thrown on the road at JP Nagar 7th phase near Puttenahalli Government School, creating a bad example for everyone.

Neglected path
OMBR Layout

This small stretch of 3rd Main Road in OMBR Layout, Banaswadi, remains in poor condition despite multiple complaints and repeated requests to asphalt the road.

Dilapidated road
LN Puram Market

The stretch opposite LN Puram Market has been neglected for years, with no asphalting or maintenance carried out.

APK scam: Beware! One click can cost you big

2 individuals fall prey to scam in this month alone; Bengaluru sees 225 APK fraud cases by Nov 2024

Atiya Firdos
c-syeda.atiya@timesofindia.com
TWEETS @BangaloreMIRROR

Bengaluru is witnessing a disturbing rise in cybercrime, with scammers using fake APK (Android Package Kit) links under the pretext of legitimate services to syphon off huge sums of money. Two recent cases underscore this alarming trend, where fraudsters disguised as gas service providers drained victims' accounts of lakhs of rupees.

A person residing in the city fell prey to a cyber scam on January 7 after receiving a WhatsApp message at 2:30 PM from two unknown numbers. The message included a link to download an APK file, claiming it was necessary to confirm a gas connection. Trusting the communication, the victim entered his BP number (a consumer ID for gas services) and was asked to pay ₹7 through his credit card. Moments later, three unauthorised transactions, ₹97,000, ₹1.7 lakh, and ₹45,000, were debited from his account, totalling ₹3.2 lakh.

In another incident, a resident who had booked a pipeline gas connection three years ago became the target of a similar scam. He received a call on January 4 from an unknown number claiming to represent "Pipeline Gross." The caller instructed him to download an APK file titled 'Gail Gas Updated Details.apk.' Believing it to be genuine, the victim shared his bank account number and debit card details. Within moments, ₹1.5 lakh and ₹74,000 were debited from his one account, while his other account saw losses amounting to ₹2.2 lakh, resulting in a total loss of ₹4.4 lakh.

According to official data, 225 cases of cyber fraud involving APK files were registered in Bengaluru by November 2024. Alarmingly, 99 of these cases occurred in November alone. This marks a sharp increase compared to the same period in 2023, when no such cases were reported.

While there were no cases in Nov '23, 99 APK fraud cases were registered in Nov 2024 alone

What is APK scam?

APK stands for Android Package Kit. An APK file is a package file format used by the Android operating system for distributing and installing mobile apps. These files, commonly used to distribute apps, are being weaponised by scammers to steal sensitive financial information. Once downloaded, these malicious files often contain hidden links that redirect victims to fraudulent websites or install malware such as keyloggers. These tools allow cybercriminals to monitor passwords, capture financial details, and execute unauthorised transactions.

Word of caution

The modus operandi of cybercriminals is evolving. Beyond gas connection scams, fraudsters are leveraging fake links for grocery shopping ads, luring victims with too-good-to-be-true deals. Once a victim clicks the link and makes payments, their bank accounts are compromised. It is essential to exercise caution online. Never download unverified APK files, avoid sharing personal or financial details over calls or messages, and double-check the authenticity of services before making any payments, the experts warned.

HC rejects heir's plea to reclaim Jayalalitha's seized assets

The Karnataka High Court on Monday rejected an appeal by J Jayalalithaa's legal heirs who sought to reclaim her seized property and assets from a 2004 disproportionate assets case. Justice V Srishananda issued the dismissal of the appeal filed by J Deepak and J Deepa, following the trial court's earlier rejection on July 12, 2023 of their application under section 452 of the Criminal Procedure Code.

The appellants argued that since Jayalalithaa's death had resulted in the state's appeal being abated after her initial acquittal by the HC, she should not be considered a convict and her property should be returned. They further argued that the seized assets included those possessed before the check period, and without proper segregation of pre and post-check period assets, the attachment order should not continue. The prosecution countered that the Supreme Court had permitted the trial court's confiscation order to remain valid despite the termination of proceedings due to Jayalalithaa's death.

The HC noted the SC's clear directive that the confiscation order must be followed by all parties, including the deceased's legal representatives. The court emphasised the distinction between temporary attachment during trial and post-trial confiscation and maintained that appellants could present evidence of pre-check period assets for consideration by the trial court, and they would be entitled to value from such assets if proven during confiscation proceedings.

The court verbally suggested establishing a Jayalalithaa foundation and encouraged using the inheritance for charitable purposes, stating that "punya" earned would benefit both the heirs and the departed soul. The bench concluded by advising contentment with available resources, warning against the pursuit of ill-gotten gains. —BMB

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Calling all theatre lovers in Bengaluru! Experience the magic of theatre with 'UNMASK, A-Fair with Theatre,' co-hosted by Vijay Karnataka & Bangalore Mirror, Ventures Theatre & E-Blitz creations.

This three-day celebration of theatre is set to take place at St John's Auditorium from January 24 to 26. With 300 artists and 30+ plays, the event will also have street performances by school and college students along with short plays, folk plays and Karnataka-based folklore. Come, step into the world of theatre along with these full facts premiering in Bengaluru.

Siachen – A survival drama at the world's highest battlefield, premiering in Bengaluru. Directed by Makarand Deshpande and written by Aditya Rawal, this five-time META-nominated masterpiece is unmissable.

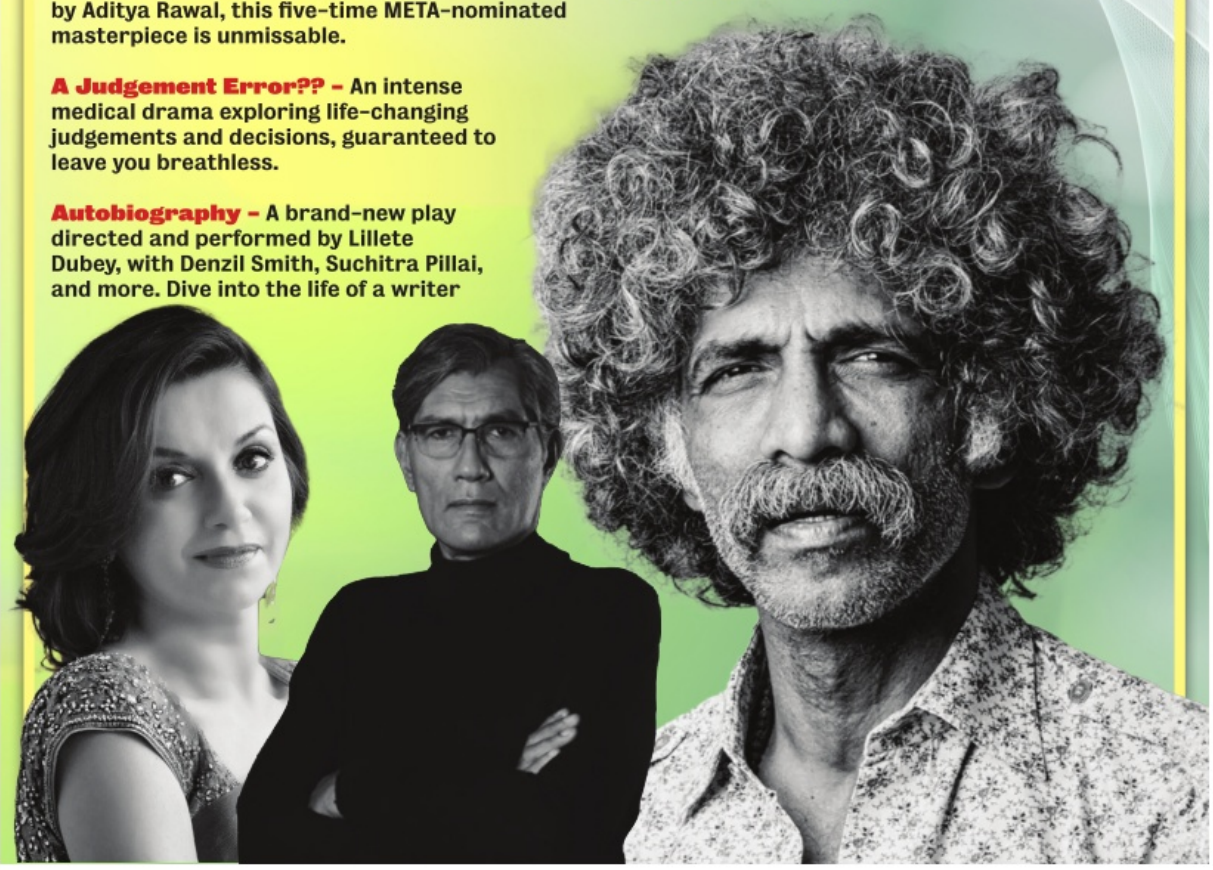
A Judgement Error?? – An intense medical drama exploring life-changing judgements and decisions, guaranteed to leave you breathless.

Autobiography – A brand-new play directed and performed by Lillete Dubey, with Denzil Smith, Suchitra Pillai, and more. Dive into the life of a writer exploring love, memory, and truth.

Baaghi Albele – A captivating blend of comic absurdity and stark reality, directed by Atul Kumar, featuring Ayesha Raza, Ujjwal Chopra, and others.

The Scent of a Man – A hilarious comedy about love, marriage, and the chaos in between. Directed by Ashvin Gidwani, starring Ashwin Mushran, Suchitra Pillai, and more.

Piyakkad – Makarand Deshpande's witty solo performance exploring the divine drunkard doctrine.
Spend a lovely weekend watching theatre shows in English, Hindi & Kannada. For more details, visit **www.unmask.co.in**



5 large forest fire incidents recorded in state last week

Forest dept readies for peak fire season by creating fire lines; hardly any incidents so far, say officials

Garima Prasher
garima.prasher@timesofindia.com
TWEETS @BangaloreMIRROR

Between January 6 and January 12, the state recorded five large forest fire incidents, FSI found

In the last week, Karnataka has recorded the highest number of large forest fire incidents in the country, according to a report by the Forest Survey of India (FSI). Between January 6 and January 12, the state recorded five large forest fire incidents.

Karnataka has also recorded a high number of fire alerts in the given period. As many as 105 fire alerts were recorded in the state using spatial information through SNPP. In the given period, Maharashtra had the maximum number of fire alerts (113), followed by Karnataka in the second spot. Odisha has recorded 88, Madhya Pradesh had 79 and Chhattisgarh logged 60 alerts of forest fire.

According to the Karnataka Forest Department officials, most of the alerts are due to the ongoing fire line creation process, part of the preparation activity to deal with incidents in the upcoming fire season.

"Fire alerts on the FSI website are due to the ongoing fire line creation as part of getting prepared for the upcoming fire season. There are hardly any forest fire incidents so far, apart from fire line creation. We have also had intermittent rain and thus chances of forest fire this early in the season are unlikely," said a senior KFD official.

Preparations on

Officials from the Forest Resource Management wing of the department say they are taking measures to keep them to a minimum and are bracing up to tackle forest fire incidents head-on.

The peak forest fire season in Karnataka begins on February 15. Officials say most of the preparations, including fire line creation will be completed by then.

The major activities being taken up include fire line maintenance, fire line creation, engaging fire watchers, and procurement of equipment like blowers, sprayers, and protective gear for on-ground staff.

"Our staff is equipped with blowers, sprayers, and other firefighting equipment. We also have three drones with thermal sensors to keep an eye on fire incidents. The department is also creating awareness among villagers by involving local activists, NGOs, Gram Panchayat officials, etc. Most of the forest fire incidents in Karnataka are man-made. So although there is less chance of natural fire incidents this year as we had peaked in 2023, we are on our toes," said an official from the Forest Resource Management wing of KFD.

According to KFD, while all the available technologies are being deployed at fire sites, the department is still waiting for approval of more thermal drones in its fleet to tame big fire incidents in the future.

> **Fire alerts on the FSI website are due to the ongoing fire line creation**
>
> —Forest Department official

"Currently the department has three thermal drones and we have submitted a proposal to the Centre for more as we feel that every division should have this technology. While the proposal was submitted last year, it has not been sanctioned by the central government so far," said a senior official.

IN BRIEF

Glaring shortcomings in BBMP offices

A recent search operation across multiple offices under the Bruhat Bengaluru Mahanagara Palike (BBMP) revealed administrative and procedural shortcomings. The inspection, prompted by numerous public complaints and tips from informants, uncovered a range of issues across the offices of the Executive Engineer, Assistant Executive Engineer, Assistant Revenue Officer, and other BBMP departments.

One of the major findings was the improper maintenance of attendance records.

Officers were found to be neglecting to sign the attendance book upon arrival, and employees working on outsourcing contracts had no record of their attendance either. The cash declaration book, which requires employees to record the cash they carry while reporting for duty, was also found to be missing in several instances. Complaints and applications from the public under the Sakaal scheme were not being addressed within the mandated timeframes. The inspection also revealed a lack of action regarding construction violations, with no enforcement of building codes or inspections. —BMB

New appointee

Ravikanth N has been appointed as the General Secretary of Karnataka Pradesh Congress Committee (Graduate Cell, Bengaluru West). A Nataraj Gowda, President of the Graduate Wing of the KPCC, informed that Ravikanth will actively engage in implementing the party's ideology and programmes. His role will involve strengthening the organisation of the Graduate Wing under the guidance of the KPCC and district committee, contributing to the overall strengthening of the party. —BMB

BM Trippin' Tales

CONSUMER CONNECT INITIATIVE

Construction of suspension bridge gets underway in Dubare

The long-awaited construction of a suspension bridge over the Cauvery River near Dubare, a famous tourist destination, has begun. The Forest Department has taken the initiative, and the proposal has been submitted to the government. The need for a suspension bridge to cross the Cauvery River near the Dubare Elephant Camp in Kushalnagar taluk has been a demand for many years. However, this crucial project had been delayed for decades. Now, the Forest Department has started the process, and construction plans are moving forward.

Multiple depts involved

Sources said that the proposed suspension bridge involves several government departments, including the Tourism Department, Forest Department, Public Works Department, Inland Waterways Department, Cauvery Neeravari Nigam Limited and the Archaeology Department. Due to the involvement of so many agencies, coordination has been difficult. As a result, the bridge project had been stalled for a long time.

Risky crossing

Visitors travelling to the Dubare Elephant Camp from Nanjanagud must cross the Cauvery River. During the hot summer months of April and May, when the water flow is low, tourists sometimes attempt to cross the river by walking on the rocks, but this is risky. With higher water levels, crossing becomes dangerous, and there have been reports of over 12 tourists drowning in the river. During the monsoon, when the river swells, the risk increases. Mechanised boats are used during this time to ferry tourists across the river. These boats also serve to transport tribal people and tourists to various locations on Dubare Island. On days with high tourist numbers, especially during holidays, the boat trips increase, leading to concerns about the erosion of the islands due to waves created by the boats.

Estimate preparation

Girish Bhardwaj, a suspension bridge expert, has already conducted site inspections and surveys for the project. Now, the Forest Department has requested the Public Works Department to prepare an estimate for the construction. Once the estimate is received, further processes will begin. The local Panchayat has also advocated for the construction of the suspension bridge, emphasizing its necessity not only during the monsoon but also in summer. While there were previous approvals for the bridge, the project did not move forward due to insufficient funding. "We have made it clear to the concerned authorities that the suspension bridge is essential for both safety and convenience. Although approval was given earlier, the project did not proceed due to budget constraints," said CL Vishwa, President, Nanjarayapatna Gram Panchayat.

—Sridhar Vivan

Fake document case: Gift deed that doesn't stop giving

Police fails to act though sub-registrar had asked for FIR against people involved in fraudulent gift deed

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

The Sub-Registrar of Chamarajpet wrote to the VV Puram Police Inspector on August 1, 2022, to register a FIR against a person for producing fake documents but till date the police have not moved a finger.

The police are bound to register the first information report (FIR) if the information they received states that a cognizable offence is committed. The police have the right to refuse to register the FIR if the complaint is related to a non-cognizable offence. However, the police are not supposed to advise the complainant to compromise with the accused.

But that is just what happened in this case: The sub-registrar of Chamarajpet wrote a letter to Police Inspector to register a FIR against Padma aka Dhanalakshmi for registering a Gift Deed by producing fake documents at the Sub-Registrar Office on September 18, 2008 in favour of her husband C Shivanna. Based on a complaint lodged by Jayaram Naidu, the District Registrar conducted an inquiry and found that Padma submitted fake documents while registering the Gift Deed. The BBMP authorities have also confirmed that no khata was issued to Padma.

The Sub-Registrar of Chamarajpet wrote the letter after that. Jayaram Naidu promptly visited the VV Puram Police Station, but it has been two-and-half years since then.

"I visited the VV Puram Police Station in October. I produced a copy of the letter by the Sub-Registrar of Chamarajpet. I requested the police to register the FIR but the writer at the police station told me that he could not register the FIR due to shortage of manpower. He advised me to get to an understanding with the accused. Till date, neither the police registered the FIR nor the accused came forward to find a solution to the problem. I am requesting the police to register an FIR against Padma for causing trauma and financial loss to me all these years," said Naidu.

The police must register an FIR if they get information that a cognizable offence is committed

He said that Padma and her husband rented his house but did not pay rent. "I never expected Padma to cheat me by registering the property on her husband's name through a Gift Deed. I tried my best to convince her to cancel the Gift Deed but in vain," he said.

Meanwhile, Police Inspector of VV Puram Police Station said that he was not aware of the letter written by the Sub-Registrar of Chamarajpet as he took charge at VV Puram Police Station recently. "I will register the FIR if the complainant comes to the police station with all relevant documents. Police are not supposed to advise the complainant to compromise with the accused," the Police Inspector said.

City's US Consulate to get a site on Jan 17?

A 'site-dedication ceremony' for the US Consulate in Bengaluru will be held on January 17, official sources said on Monday.

"I can confirm on the site dedication ceremony, but cannot comment anything on the location of the upcoming consulate as of now," an official told PTI on grounds of anonymity.

The official also noted that temporary operations may begin at the city's JW Marriott hotel, from where the office of United States Commercial Service (USCS) currently operates.

The official did not wish to confirm reports that the consulate may come up either in the Central Business District or Whitefield in east Bengaluru, where there is a concentration of industries, tech companies and business parks. **PTI**

BM Food & Night Life

Advertorial Promotional Feature

How to partake in the joy of harvest

Makar Sankranti, a joyful celebration in India, marks the transition of the sun into the Capricorn zodiac sign. It is a time for new beginnings, warmth, and the joy of harvest. Amid the festive spirit, many aim to detoxify their bodies, clearing away the year's build-up of toxins. Detoxifying naturally means cleansing the body in a healthy and gentle way. Dietitian Vidhi Chawla gives a guide to help you cleanse and rejuvenate your body this Makar Sankranti.

Detox With Water

Water is like a magic potion for your body! It helps flush out toxins and keeps your body hydrated. During Makar Sankranti, try starting your day with a glass of warm water mixed with a splash of lemon juice. This simple concoction jumpstarts your digestion and detoxifies your system.

Nourish With Fresh Fruits And Veggies

Nature's bounty is your best friend during detoxification. Fill your plate with colourful fruits and veggies rich in vitamins and antioxidants. Try including seasonal produce such as sweet potatoes, oranges, and spinach in your meals. These foods help eliminate toxins and boost your energy.

Cleanse With Herbal Teas

Swap your regular tea or coffee for herbal infusions. Herbal teas such as green tea, ginger tea, or dandelion tea are fantastic detoxifiers. They aid digestion, reduce inflammation, and support the body's natural detox processes.

People buy sugarcane sticks, Ellu bella (mix of sesame seed, gram dal and jaggery), flowers sugar cubes and groundnuts ahead of Sankranti festival

Eat Mindfully And Rest

During Makar Sankranti, practise mindful eating. Chew your food slowly and savour every bite. This helps in better digestion and absorption of nutrients. Also, don't forget the importance of rest! Getting enough sleep allows your body to rejuvenate and detoxify naturally.

Stay Hydrated and Say 'No' to Processed Foods

Hydrate throughout the day to flush out toxins. And try your best to avoid processed foods and sugary drinks during this period. Opt for homemade meals with fresh ingredients instead. **–Femina**

On the wrong path

CONTINUED FROM PAGE 1

to activities like gambling and theft as a means to earn money and provide for their loved ones.

"Many of these children come from broken families, face peer pressure, or are exposed to environments where crime becomes a means of survival.

Lack of guidance and access to education often push them toward these harmful paths," a police official stated, adding that community-driven interventions such as counselling, vocational training, and programmes that offer them alternative ways to build a better future can help prevent and create awareness.

Previous data

The rise in juvenile crime is underscored by alarming trends. Data from the National Crime Records Bureau (NCRB) reveals that between 2017 and 2022, nearly 90% of juvenile crimes were registered under various sections of the Indian Penal Code (IPC), with theft and hurt being the most common offences. Furthermore, more than 75% of juveniles apprehended for crimes were in the 16 to 18 years age group, and 99% were male.

As per 2022 statistics, Bengaluru ranked third among South Indian cities for juvenile offences, with 200 cases recorded in 2022, marking a 16% increase from the previous year.

This surge spans various crime categories, including serious offences such as eight cases of juvenile involvement in murder, attempt to murder; property-related offences also figured significantly in the statistics.

Number plate erasers

CONTINUED FROM PAGE 1

and delivery riders," a traffic official said.

The most common method remains the use of foldable number plates. While this technique isn't new, it has persisted since its introduction.

Crafted with screws, hinges, and magnets, these plates are designed to fold backward, effectively concealing them from direct view. This ingenious yet deceptive approach highlights the lengths to which some riders go to evade traffic fines and penalties.

The increasing tampering of number plates poses significant challenges for law enforcement, as concealed plates hinder the timely identification of violators.

Senior police officials note that such practices are especially common among vehicles involved in theft cases, including both two-wheelers and four-wheelers. In hit-and-run accidents, where identifying the vehicle is crucial, hidden number plates can create additional complications.

However, officials emphasise that advancements in technology and based on other documents ensure that offenders can eventually be traced and held accountable, even if not immediately. "Today or tomorrow, they will be caught," one senior traffic official stated.

Tampering with a vehicle's number plate is a punishable offense under the Motor Vehicles Act, carrying penalties such as fines and imprisonment.

Recently, however, such violations are being treated more seriously and are now registered as cheating cases under law and order provisions.

Gas cylinder explosion injures five

A fire mishap took place in the city around 8:30 am in Chokkasandra in T.Dasarahalli on Monday morning after a gas cylinder leak during breakfast triggered an explosion. Five including a child were seriously injured in the explosion and have been admitted to a hospital.

The intensity of the blast wreaked havoc, shattering household objects and causing severe damage to 6-7 neighbouring houses. Two neighbours sustained serious injuries, while a child and two others suffered minor wounds. The explosion shattered doors and windows, burning window curtains.

Firefighters quickly arrived to douse the flames. The injured were identified as Anjali Das, Manu, Manjunath, Manashree, and Shobha, all of whom are receiving treatment. —BMB

Boatmen at Ranganathittu Bird Sanctuary demand equal pay & job security

The boatmen of Ranganathittu Bird Sanctuary in Srirangapatna are voicing their concerns over unequal pay and lack of job security. While government-employed elephant mahouts working in the wildlife sector are receiving permanent wages, the boatmen—working on a contract basis—are allegedly being exploited. This discrepancy has sparked outrage, with one lawyer ready to take legal action against the government's policy.

Unfair treatment of boatmen

Currently, 15 boatmen work at Ranganathittu Bird Sanctuary on a contractual basis. In addition to being boat operators, many of them also serve as tourist guides. Some of these workers have been employed for over 20 years, yet they receive a monthly salary of just ₹17,800 through a private contracting agency. Despite generating substantial revenue through boating services, they feel they are not compensated fairly for their hard work.

Revenue from Ranganathittu

Sources said that every year, Ranganathittu attracts thousands of tourists, generating around ₹5-6 crore annually from entry fees, vehicle parking, boating charges, and camera usage fees. During peak seasons, the monthly revenue can reach up to ₹70 lakh. Boating fees range from ₹100 for Indian tourists, ₹500 for international visitors, and up to ₹3,500 for a private boat for four passengers. The boatmen's hard work contributes significantly to this revenue, yet they are struggling with low pay and no permanent job security.

Unfavourable working conditions

The boatmen work long hours from 7 am to 6 pm, manually rowing the boats in order to avoid disturbing the birds. They are also responsible for the safety of the tourists onboard. This physically demanding job has led to several boatmen suffering from ailments such as shoulder and back pain. However, the government has shown no concern for their health and well-being.

Legal action threatened

Prashanth Methal, a High Court lawyer from Bengaluru, who visited the sanctuary with his family to celebrate the New Year, met with the boatmen and became aware of their struggles. Determined to fight for their rights, he has written letters to the Forest Minister, Chief Secretary, and other relevant officials, demanding that the government address their concerns.

Methal insists on equal pay for equal work and the provision of job security for the boatmen, urging the government to end their contract-based employment and offer them permanent jobs with fair wages and benefits. If the government does not respond to these demands, Methal has warned that he will take legal action in court.

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CHANGE OF NAME

Change Of Name

I, BINDU M V, w/o PRADEESH VEETTIYOT ILLATH SANKARAN NAMBOODIRI, r/o U1-101, Astro Rosewood Regency, Sarjapur Road, Kaikondrahalli, Bangalore – 560035 have changed my name and shall hereafter be known as BINDU MANGALATH VASUDEVAN.

Change of Name

I, PRADEESH VEETTIYOT ILLATH SANKARAN NAMBOODIRI have changed the name of my son PRACHET V P to PRACHET VEETTIYOT PRADEESH, R/O U1-101, Astro Rosewood Regency, Sarjapur Road, Kaikondrahalli, Bangalore – 560035 vide Affidavit dated 07.01.2025 before Notary Public/Bangalore.

I, Sunil Kumar pandey, residing at 124 Asset Elvira Apartment, Gopasandra Village, Muthanallur Post, Bangalore, Karnataka - 560099. My spouse name was mistakenly entered in passport as PRIYANKA PANDEY instead of PRIYANKA MISHRA. I want to update my spouse original name as PRIYANKA MISHRA in renewed passport as per all the records for all future purposes.

I Kushagra S/O, Pramod Kumar R/o 7/103, Khyaliram Kanhaiya Lal & Sons Sarai Hakim Aligarh, Uttar Pradesh, 202001, have changed my name to Kushagra Gupta.

I, SHAKEENA RAFEEQ w/o Rafeeq R/a Basavanahalli Grama, Halasulige Post, Sakaleshpura Taluk, Hassan-573127. i have changed my name to SHAKEENA. Vide Affidavit dated on 09/01/2025 Sworn Before Notary Leela Bangalore.

I Neha W/O, Subhabrata Kundu R/o A1404,sumo Sonnet Apartment ,Kudlu Road,Muneshwaranagar Bangalore 560068 have changed my name to Neha Singh Kundu, as per affidavit no. IN-KA15124091728945X dated 6 Jan 2025

I, Mohamed Ismail S/o, Mohamed Peer R/o #10, 11th Cross, 2nd Main Road, Valmiki Nagar, Bengaluru -560026. have changed my name to Mohammed Ismail S/o Mohammed Peer for all purposes.

I, MUBEENA BANU NASEERUDDIN, R/a .#07, 1st Main 3rd C Cross, Gandhi Nagar, S. M.Road, KG Halli, Bangalore- 45. I have Changed my name to MUBEENA BANU, Vide affidavit ,dated 13/01/2025 Sworn before Notary : Prakash.C . Bangalore

I Saraswathi Madhusudan Rao W/O, Madhu Rao R/o J 1004 Brigade Gateway 26/1 Dr Rajkumar Road, Behind Orion Mall Malleshwaram, Bengaluru - 560055 have changed my name to Saraswathi Madhu Rao.

I Shilpa Kumari Praveen kumar Mehtha w/o Kalpesh S Bamboli, R/o #302, Maruthi Elite Link Road Malleshwaram B'luru-560003 have changed my name to Shilpa Bamboli for all purposes.

I Anand Asmita S/o Pramod Nilkanth Anand R/o 313 V M Serenity 2nd Cross Rd Brindavan Layout Horamavu Village B'luru 560043 have changed my name to Maheshwari Prusty for all purposes

I, Srinivas Amrutur S/o Varadarajan Sampath Amrutur R/o B-306,Brigade Omega,80 Feet Road Banashankari 6th stage,Subramanyapura Post,Thurahalli,Bengaluru,Karnataka-560061,have changed my minor son's name aged about 14 years from Aaryan alias Aaryan Srinivas to Aaryan Srinivas Amrutur

I, Swathi M D/o Manjunatha Reddy R/o Anekal Talluku Indluwadi Post Nosenoor Jigani Bengaluru 560105 have changed my name to Swathy M for all purposes

I Puttaraju Honashettyhalli Krishnegowda S/O, Krishne Gowda R/o No 97 K Singenahalli Channarayapatna Taluk, Dandiganahalli Hobli, Hassan - 573116 have changed my name to Puttaraju Krishne Gowda.

I, Swathi Mohan Rao W/o Sukesh Bhat R/o No 220 2nd Floor Radiant Karel Mysore Road Pantarapalya Nayandahalli Bengaluru 560039 have changed my name to Swathi Bhat for all purposes

I, Gomati Sadasivan R/a Flat No.T04, f0501, Raintree Bouleward, Byatarayanapura, Blor-560092. Have Changed To GOMATHI SADASIVAN. Vide Affdt Dt:13.01.2025. Sworn Before Notary: Devaraju. E.

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KASHI AYODHYA/BADRI KEDAR* 14*/21 DAYS
April: 22, 29* May: 3, 9, 10*, 15, 16*, 21, 22*, 28*
MUSSOORIE NAINITAL CORBETT 14 DAYS Mar: 3, 17 Apr: 7, 14
KASHMIR WITH TULIP GARDEN 6 DAYS
Mar: 24, 26, 29, 31 Apr: 3, 5, 8, 10, 13, 15, 18, 20
AMRITSAR VAISHNODEVI SRINAGAR 16 DAYS
Mar: 13, 18, 25, 29 Apr: 6, 11, 18, 23, 30, May: 6, 12, 18
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HEALTH TIP: One cup of lemon tea can provide the body with about half the recommended daily value of vitamin C

Starting your day with hot water and lemon can help flush out the toxins

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WANT TO WARD OFF THE WINTER BLUES?

Start by counting your steps – new research

Over 330 million people currently suffer from depression worldwide, though the complexity of diagnosis and the heterogeneity of this condition mean that such a figure can only ever be a conservative estimate.

Depressive disorders are a major cause of disability, and affect multiple aspects of a person's quality of life, including their emotional well-being, social relationships, functional ability and physical health. Fortunately, we have ways of preventing them from taking hold, and physical activity is one of them.

The risk of developing depression is influenced by a range of interconnected genetic, biological, psychological, environmental, social and behavioural factors. Among these, unhealthy lifestyle elements, such as not getting enough regular physical activity, can play a key role in the deterioration of mental health.

Identifying these risks and encouraging a preventative attitude is therefore crucial to reducing the prevalence of depression, and to improving people's overall quality of life.

We aren't getting enough exercise

Physical activity is an integral part of a healthy lifestyle, but globally, 81% of adolescents and 31% of adults do not meet the recommended guidelines.

At the same time, two thirds of the world's regions have increasingly insufficient levels of physical activity. In 2019, this contributed to 8,30,000 deaths and the loss of 16 million disability-adjusted life years worldwide. These figures have increased by around 84% since 1990.

Researcher Steven Blair studied the attributable fractions of deaths from all causes according to different risk factors, and argued as early as 2009 that "physical inactivity is one of the most important public health problems of the 21st century". More recent evidence backs his statement up; physical activity needs to be a global public health priority.

An active lifestyle can help to prevent depression through both biological mechanisms (such as neurogenesis and reduced inflammation) and psychosocial ones (such as self-esteem and social support). However, any potential benefits are offset by the overall increase in insufficient levels of physical activity over recent decades.

This shift in lifestyles does not just increase the incidence of obesity, non-communicable diseases and premature mortality. It also contributes to environmental degradation, and burdens our economies through healthcare costs and productivity losses. Several factors are to blame, including rapid urbanisation, sedentary working patterns, and modern transport systems.

> **Counting daily helps people get active – studies have found that step counts can help people to meet recommended levels of physical activity**

Progress towards the World Health Organization (WHO)'s goal of a 15% relative reduction in insufficient levels of physical activity by 2030 has been slow. If current trends continue, we will not reach the proposed target.

According to the WHO's report on the global state of physical activity in 2022, which gathered data from 166 countries, fewer than one third of national governments had guidelines for all age groups, and only around 40% had road design standards which accounted for pedestrians. Promoting physical activity among the general population remains a challenge.

Daily step counting: a preventative strategy

Counting daily steps is a simple, intuitive and objective way to get people active – studies have found that step counts can help people to meet recommended levels of physical activity. Fortunately, it is becoming increasingly easy to keep track of this thanks to wearable devices like fitness trackers and smart watches.

The use of trackers that allow for continuous self-monitoring and the incorporation of simple goals have shown a beneficial effect on increasing daily steps among adults.

The link between step count and depression

To determine the connection between step counts and depression, I, along with a team of other researchers from Spain and Latin America, recently conducted a scientific literature review. We synthesised the results of 33 studies, which covered a total of 96,173 adults of all ages.

We found that reaching 5,000 steps or more per day was associated with fewer depressive symptoms, and the prevalence of depression was 42% lower in adults who took 7,500 steps or more per day. In longitudinal studies of 2-7 years, which included people who did not have depression at baseline, increasing step counts by 1,000 steps per day showed a 9% reduction in the risk of developing depression. Those who reached 7,000 steps or more each day had a 31% lower risk.

These findings confirm those of previous studies; even modest levels of physical activity can protect against depression.

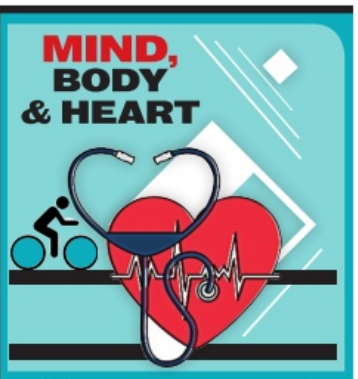
Our results should also be considered in light of previous research on what kinds of physical activity are most best for preventing depression – one recent study, for instance, found that other forms of physical activity like walking and yoga are just as effective.

Other characteristics of physical activity, such as intensity, as well as additional elements like environment, age and individual risk for mental disorders, can also influence depressive symptoms.

Counting daily steps can go a long way towards helping people get more physical activity, which in turn helps ward off depression, though there is a clear need for more longitudinal studies to clarify the protective role of daily step counts in preventing depression during adulthood.

However, if you have made it this far, our recommendation is that you stop reading and go out for a stroll.

(By Bruno Bizzozero Peroni, Universidad de Castilla-La Mancha, The Conversation)



All you need to know about...

Hirsutism

What is it?
Hirsutism is nothing but excessive hair growth on your face or on other parts of your body. Generally, it affects women; studies show that one in 14 women has hirsutism. You can have excessive hirsutism if the growth of hair is thick and black, and not fine and thin.

Symptoms
Sometimes, the concomitant symptoms of hirsutism may include erratic menstruation, oily skin and pimples. The first step to dealing with hirsutism is consulting a doctor who may ask you to undergo several medical tests to check what's causing hirsutism in the first place. Knowing the degree of hirsutism will help you plan how to get rid of facial hair permanently.

Medical conditions that cause it
If you have a medical condition that is leading to excessive hair growth, you should make all the effort to contain the disease first. Studies show that PCOS accounts for about 72 to 82 percent of excessive hair growth cases. So, if you have been diagnosed with PCOS, you should deal with the problem on a war footing. There are several ways the medical condition can be addressed.
If you are overweight and have been diagnosed with PCOS, losing weight by adopting a healthy lifestyle can help regularise your menstrual cycle.
Oral contraceptive pills are widely prescribed for PCOS. Apart from this, hormone medications to reduce testosterone and stimulate ovulation and drugs, such as metformin, to treat diabetes are also prescribed. Surgery to remove large cysts and destroy the tissue that produces androgens is usually considered the last option. —Femina

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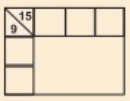
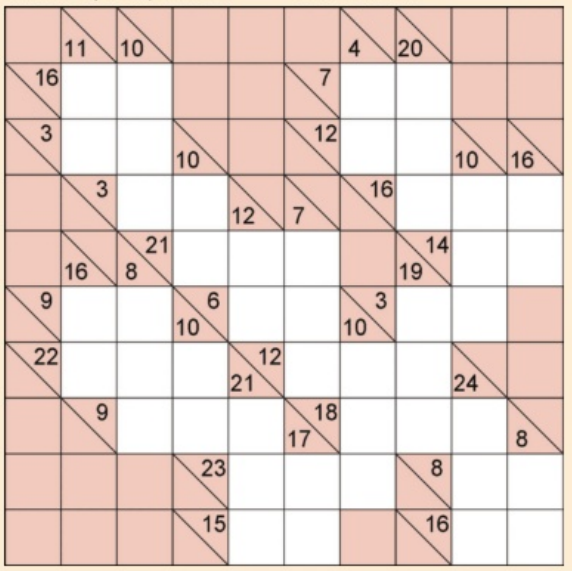
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

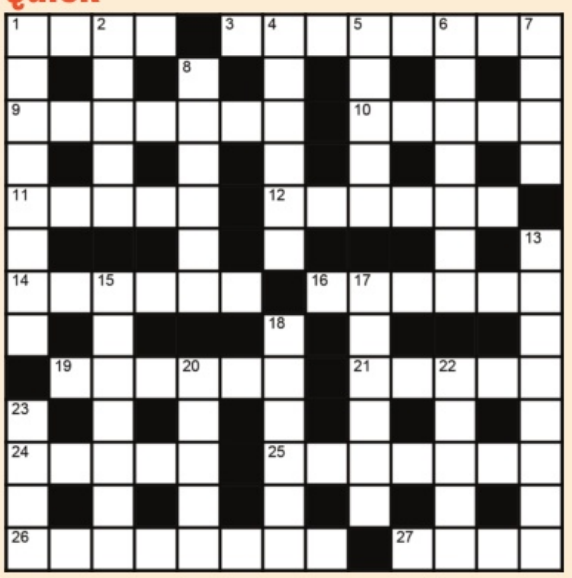


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Bollywood's ___ Ali Khan (4)
3 Worse than expected (5,3)
9 Confused medley (7)
10 Second prime number (5)
11 The desert in Israel (5)
12 Inequitable (6)
14 Lack of enthusiasm (6)
16 Arctic abodes (6)
19 Tolerates or puts up with (6)
21 Rubbish or junk (5)
24 Tourist destination which used to be the capital of the Vijayanagar Empire (5)
25 Scold (7)
26 Outlaw; traitor (8)
27 Kept as a prisoner (4)

DOWN

1 Flattery (4-4)
2 Wading bird (5)
4 A mass departure (6)
5 Excluded from (3,2)
6 Porch area at a doorway (7)
7 Stagger or sway (4)
8 To exile (6)
13 Went up (8)
15 White of egg (7)
17 Just copes (4,2)
18 Published, put out (6)
20 Performing (5)
22 Incensed (5)
23 Norse deity (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS T

EJH EOVEJ MX EJH DZEEHO FG EJZE RMV ZQIZRG YAMI EJH OFNJE EJFAN EM PM. EJH JZOP CZOE FG PMFAN FE.

Linemaro

When I am old, I will look back and think about today as the day I met you

Mindchow

The happiest conversation is that of which nothing is distinctly remembered but a general effect of pleasing impression

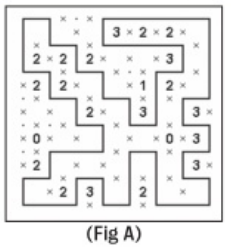
Joke of the day

I am opening a gym called Resolutions. It will have gym equipment for 2 weeks and turn into a bar the rest of the year

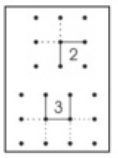
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

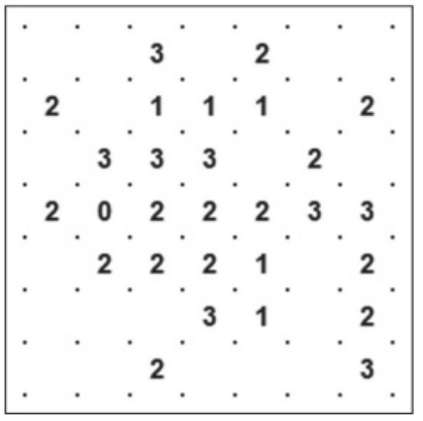


(Fig B) Not Allowed

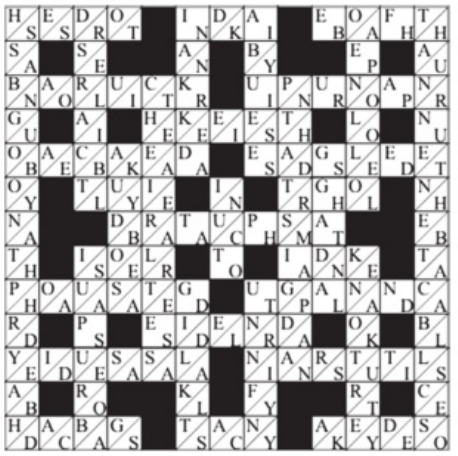
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9				Y

ACROSS

1 Has CL; 6 Heart;
7 I noun; 8 Alarm;
9 Tit by

DOWN

1 Mr Cub; 2 Liana;
3 Tital; 4 Athos;
5 Ry hen

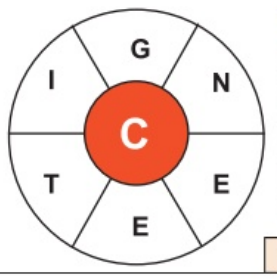
Mensapuzzle

Which of the letters below complete the puzzle?

A	E	F
H	I	K
L	M	?

N	O	P	Q	R

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; **05** Good; **06** Outstanding

SudokuChallenge

	8		3	7				
			2			6		4
9				1	4		2	8
	5	7		2				
	2						6	
				4		3	8	
2	4		9	5				6
5		8			2			
				3	8		4	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 7

2 4 6 7

Medium = 17

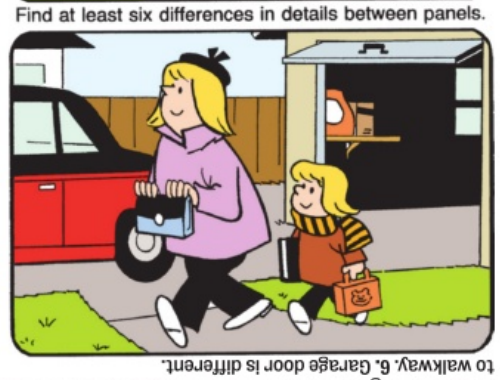
1 4 5 8

Hard = 1

1 7 9 3

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Shelf is longer. 2. Lunch box is different. 3. Scarf is longer. 4. Car window is different. 5. Line is added to walkway. 6. Garage door is different.

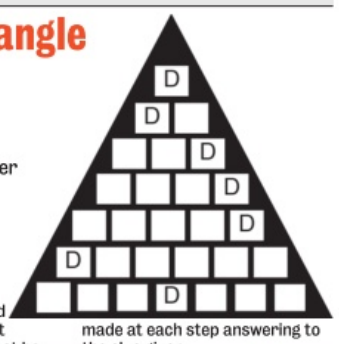
Riddler

For each clue below, think of a common expression which mentions two body parts. Some phrases refer to two different body parts.

1. To be in agreement
2. A couple strolling
3. Suddenly in love
4. Intimate discussion

Alpha triangle

1 Five hundred
2 Act
3 Netman Laver
4 Utterance
5 Bladed weapon
6 Suffocates in water
7 Marvels

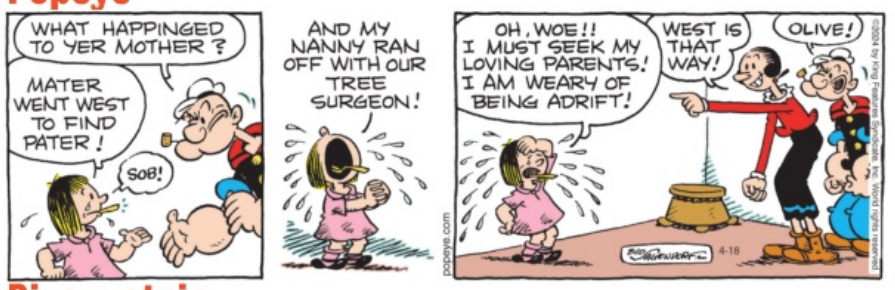


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


WHAT HAPPINGED TO YER MOTHER ?
MATER WENT WEST TO FIND PATER !
SOB!
AND MY NANNY RAN OFF WITH OUR TREE SURGEON !
OH , WOE ! ! I MUST SEEK MY LOVING PARENTS ! I AM WEARY OF BEING ADRIFT !
WEST IS THAT WAY !
OLIVE !
4-18
popeye.com

Bizarrotrip

Diamond Lil

Hart of the city

AAH!! WE'RE DOING SUCH AN ICONIC SONG!!
WE'RE GONNA SOUND SO GOOD.
CONGRATS ON GETTING THE SOLO, TOBY!
THANKS! I WOULD HAVE LIKED THE DUET, THOUGH.
OOOOH! WHO DID YOU WANT TO SING WITH?
I'LL NEVER TELL.
HEART OF THE CITY © 2024 AHOBEAM'S MOMENT
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

Mutts

MOOCH, THE SUGAR MAPLE TREE SAP RUNS...
AND IS THEN CAUGHT IN THIS LITTLE SPOUT TO HARVEST.
WOW...
THAT MOTHER NATURE THINKS OF EVERYTHING!
mutts.com
10-9

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dissatisfied and struggle to fulfill your responsibilities. Investments could result in losses, so it is wise to review documents carefully before signing them. Concerns about your parents' health may weigh on you. If you are considering renovating your office, it is better to postpone these plans for a few days.

Taurus Apr 21 – May 20
Today is mixed. You might contemplate moving to a new location or changing jobs; however, you are advised to think carefully before making such decisions. Peace of mind will prevail, but your child's health could cause concern. Avoid speculative investments. For those in relationships, patience is key before making major commitments, such as marriage.

Gemini May 21 – Jun 21
Patience will be your strength today. Meditation could help improve your focus, accelerating progress on ongoing projects. Subordinates will likely support you, enabling timely completion of tasks. Short work-related travel is possible, and a significant figure may aid in expanding your network.

Cancer Jun 22 – July 23
Today is a good day. You will likely be occupied with family gatherings and social events. Your polite demeanour will enhance your reputation among peers. Spending on household items or artefacts could boost your social status. You may also expect good news from a relative, which may bring joy to your day.

Leo Jul 24 – Aug 23
Today, the moon's blessings bring happiness and vitality; this shall be reflected in your performance. Success across different areas of life will enhance your prestige. Good focus and strong concentration will empower you to make significant business decisions that foster growth.

Virgo Aug 24 – Sep 23
Today, you may feel low on energy, and an old health issue might resurface, causing discomfort. It is advised to avoid risky activities, including adventure trips and rash driving. Legal disputes should be settled amicably out of court. You might also plan an overseas trip, but ensure it is well-prepared.

Libra Sep 24 – Oct 22
Today is good; you will start your day on a joyful note. Quick decision-making at work will boost your management skills and lead to future benefits. A new income source might emerge, improving your financial stability. Collaborative investments with your business partner are likely. Increased bonding with your spouse will bring harmony to your domestic life.

Scorpio Oct 23 – Nov 22
Today is a good day for you. Work commitments will keep you busy, po- tentially leaving less time for family. However, blessings from elders could lead to career advancements, such as a promotion or a managerial role. Rewards and recognition at work will elevate your professional status.

Sagittarius Nov 23 – Dec 22
Today, positive vibes around you will guide you in the right direction. With peace of mind, your performance across all fronts will stand out. Your destiny supports you, and you might plan a visit to a distant religious place. A charitable act may appeal to your inner self. You could also receive uplifting news, possibly regarding a grandchild.

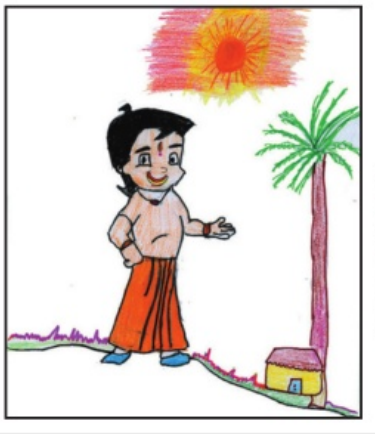
Capricorn Dec 23 – Jan 20
Internal weakness and recurring health issues may trouble you today. Enjoyment at home or work may be limited, and ongoing projects could face unexpected delays. These challenges may frustrate you, but the blessings of elders can help you navigate the situation. You are advised to drive cautiously and look out for your loved one's health.

Aquarius Jan 21 – Feb 19
Today is a good day. Positive energy surrounds you, bringing stability and control. You might plan to start a new business partnership or embark on long-distance travel. Trust between you and your spouse will strengthen, promoting harmony in your personal life.

Pisces Feb 20 – Mar 20
A favourable day awaits you today. Investors may see profitable returns, enhancing financial health. Stuck funds could be recovered, boosting business liquidity. You'll feel confident and manage hidden enemies and opponents effectively. Singles might find a compatible partner within their professional circle.

KIDZONE

Afreen Taj, 14 Years, Sacred Heart Hp School



Harin Raam, 8 Years, New Cambridge English School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= (1/0.5) + (0.5 / 0.1)
= 0.1 + (0.25 / 0.05) = 0.35 / (0.5 x 0.1)
= (1 x 0.1) + (0.5 x 0.5) / (0.5 x 0.1)
= 0.1 + (0.25 / 0.05) = 0.35 / 0.05 = 7

BULL'S EYE
cent, cite, entice, GENETIC, nice, niece

RIDDLER
1. See eye to eye,
2. Walk hand in hand (or arm in arm),
3. Fall head over heels (in love) &
4. Have a heart to heart

FAST FIVE

B	I	T	T	Y
M	A	L	A	R
U	N	I	O	N
R	A	T	H	E
C	L	A	S	H

STRIKE OUT

H	E	R	O	I	D	A	B	A	H	T	U			
A	E	N	B	P	U									
N	O	L	U	C	K	U	P	R	O	A	R			
G	I	H	E	I	S	T	L	E	N					
B	A	C	K	E	D	E	A	G	L	E	T			
H	O	U	S	E	D	U	G	A	N	D	A			
R	P	S	I	E	N	A	O	B						
E	D	E	S	A	I	N	S	T	I	L				
A	R	L	F	T	E									
Y	T	U	E	N	R	H	O	H						
A	D	R	A	C	H	M	A	E						
T	S	O	L	O	I	N	K	T						
H	O	U	S	E	D	U	G	A	N	D	A			
D	A	B	S	S	A	Y	A	Y	E	S				

QUICK

S	O	H	A	B	E	L	O	W	P	A	R			
O	E	B	X	U	O	E								
F	A	R	R	A	G	O	T	H	R	E	E			
T	O	N	D	O	T	L								
S	I	N	A	I	U	N	F	A	I	R				
O	N	S	S	C	A									
A	P	A	T	H	Y	I	G	L	O	O	S			
P	L	E	I	E	C									
A	B	I	D	E	S	T	R	I	P	E				
H	A	M	P	I	U	P	B	R	A	I	D			
T	U	O	S	S	R	N								
H	O	U	S	E	D	U	G	A	N	D	A			
R	E	N	E	G	A	D	E	H	E	L	D			

MENSA PUZZLE
N. Moving from left to right, top to bottom
The truth of the matter is that you always know the right thing to do. The hard part is doing it.

QUOTE UNCODE
letters follow alphabetical order, skipping any letters written with curved lines.

SUDOKU

4	8	2	3	7	6	1	5	9
1	7	5	2	8	9	6	3	4
9	3	6	5	1	4	7	2	8
8	5	7	6	2	3	4	9	1
3	2	4	8	9	1	5	6	7
6	9	1	7	4	5	3	8	2
2	4	3	9	5	7	8	1	6
5	1	8	4	6	2	9	7	3
7	6	9	1	3	8	2	4	5

ALPHA TRIANGLE
D, Do, Rod, Word, Sword, Drowns, Wonders.

GO FIGURE
Easy
2 + 4 - 6 + 7 = 7
Medium
4 + 8 + 5 x 1 = 17
Hard
7 - 9 x 1 + 3 = 1

LOOP

KAKURO

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 # Lohri on sets — Actress Taapsee Pannu is celebrating Lohri on the sets of her upcoming movie 'Gandhari'. A source said, "Taapsee started the year shooting for her Gandhari. She is currently shooting for the film and is celebrating the festival on the sets of the film"

SANDALWOOD SHOTS
Y MAHESWARA REDDY

From engineer to hero

Milind, an engineer by education, who became an actor by accident, is excited about the release of his movie Unlock Raghava that is scheduled to arrive in theaters on February 7. Unlock Raghava is Milind's maiden movie as a hero in Sandalwood. Milind was part of the cast of the movie Weekend that was released in May 2019.

"I used to participate in cultural programmes during my school and college days but never dreamt of acting in movies. It happened by accident when I was pursuing my final year in engineering. The producer of Weekend came to our home to have a chat with my father. He told my father that he was looking for a newcomer to act in the film. He happened to see me and asked my father to allow me to act in the movie. It was a memorable experience to share the screen with veteran actor Anant Nag sir," said Milind.

Milind said that he used love to watch Dr Vishnuvardhan's movies. "My favourite actor is Dr Vishnuvardhan. My father also acted in Kannada movies Nishkarsha and Sparsha," he said.

He thanked Sadhu Kokila with whom he shared screen space in Unlock Raghava. "Sadhu Kokila is an amazing actor and he acted well in the movie. Rachel David is the heroine," he said.

Recently, the team unveiled the song – Lock Lock - of the movie at Bharath Cinemas in Shivamogga. Anup Selin has scored its music. Deepak Madhuvanahalli is the director while, Manjunath

Dase Gowda and Girish Kumar have bankrolled the movie under the Mayura Motion Pictures banner.

Smile please

Anushka's hurried response as she lands in Mumbai sparks debate

Anushka Sharma and Virat Kohli were spotted at Gateway Of India on Saturday, as the duo jetted off to Alibaug. The couple has a holiday home in Alibaug where they were headed. Meanwhile, Anushka was spotted on Monday morning as she returned to Mumbai. She was seen alone, sans Virat. The actress was in a rush as she went inside the Taj hotel opposite Gateway Of India.

As she was in a rush, some netizens felt that her body language and attitude seemed quite arrogant and not appropriate. But Anushka's fans quickly came to her defense.

As her video went viral, a user said, "Anushka while boarding the yacht too wasn't nice to common people, same while coming back. Such arrogance, she should at least learn a bit from Sushmita." Another person said, "Itna Gussa kyun? She goes to all saints but still attitude is at its peak... Kindly be humble and smile that will not cost you anything." A person said, "So much attitude... did she forget she was an actress once?"

Fans defended Anushka and slammed these trolls.

A person said, "So many people commenting about her being egoistic and having too much attitude! what attitude Guys? Imagine random strangers shoving their mics in your face every time you step outside, constantly trying to talk even when you're in a bad mood? What if you're actually in a hurry? And even if you would like to reply a bit, how many people you will reply to?"

Another fan said, "She has her kids waiting in the Hotel... anybody would be pissed. Her expression shows lots going through her Mind !! Please don't judge her...she has the right to be WRONG!!!"

On work front, Anushka had shot for 'Chakda Xpress' last, before she got pregnant and gave birth to her second child Akaay Kohli. Since then, Virat and Anushka have largely been spending time outside Mumbai. —ETimes

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